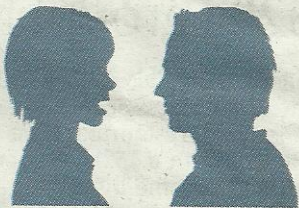


The LAH support

How to encourage a depressed/suicidal person to get help.

L Listen carefully to the person whether they had expressed that they were depressed or feeling suicidal.



A Ask about their thoughts to gauge the level of distress:

“Have you thought of how to get out of the difficult situation?”

“Are you thinking of ending your life?”

“How do you plan to end your life?”

Do not say to the distressed person, “Don’t talk like that.”



H Help by convincing the person about getting help.

If in crisis situation, stay with the person until professional assistance arrives.

